

Holiday Health

The holiday season can take a toll on our minds and bodies. We will see our calendars fill up with celebrations, shopping, cooking, baking - the list is endless. And if you are like most, you strive for perfection. But is that realistic? One of the most important things you can do this holiday season is manage your own expectations. Set realistic goals for yourself, [review resources](#) to manage your mind and body, and [celebrate safely](#). Let yourself feel comfortable with the choices you make by allowing yourself to moderately indulge in a few of your favorite treats and choose to attend the activities that give you the most joy. Remember, the happiest holidays are the ones we celebrate safely. Keep your loved ones safe by [getting vaccinated](#) against COVID-19, staying home if you are not feeling well, getting tested 1-2 days before gathering, and washing your hands frequently.



Take Action: my.delaware.gov Coming Soon

State of Delaware Employee Self-Service (DE-SSO) is moving to my.delaware.gov. **Add or verify your Home Email by December 15, 2021 to retain access to pay and tax information.**

My.delaware.gov will serve as your new secure sign-on for personal access to both general State services and employee-specific services such as those you access via State of Delaware Employee Self-Service: Form W-2, 1095-C, pay advice, and benefits enrollment information. Visit [My.Delaware.gov FAQs](#) for more information.

To update Personal Information in Employee Self-Service to add or verify a valid Home Email address:

1. Log in to [DE-SSO](#) or click on the tile in [id.delaware](#) dashboard.
2. Click on Employee Self-Service.
3. Click on Personal Information.
4. Validate your Business Email if you were issued one (contact your HR Office to update, if needed).
5. Add or verify your Home Email Address which must be:
 - UNIQUE to you, not shared, and not a state-issued business email address
 - You can choose any of your email addresses as "preferred," including "Home." Your chosen "preferred" email address receives important State communications, including benefits information.
6. Save any changes.

You will receive an invitation later this year at your Home Email address to register for your my.delaware.gov identity.

National Handwashing Week

The first week in December is National Handwashing Awareness Week. [Washing your hands](#) often is a great way to prevent the spread of germs and illnesses. Using soap and clean water is the best way to remove germs from your hands. However, if you are not able to wash with soap and water, hand sanitizers that are alcohol-based are the next best option until you have the opportunity to wash your hands. Prevent the spread of germs by washing your hands in situations including:

- Before you touch your eyes, nose or mouth
- Before you prepare or eat food
- After you blow your nose, cough or sneeze
- After you use the restroom
- After you have touched public items or surfaces such as door handles, tables, gas pumps, shopping carts, etc.

While these situations may seem obvious, you may not think about clean hands if you are a patient in a healthcare setting. However, you can reduce the risk of getting an infection while being treated for something else if you remind your healthcare providers to clean their hands. If you do not see your healthcare provider wash their hands before treating you or a family member, speak up! You have a right to ask them to clean their hands before any examination or treatment. Learn more about hand hygiene in healthcare settings by visiting the [Choosing the Right Care](#) page on SBO's website and clicking the "Speak Up for Clean Hands" link.



Did You Know?

Did You Know that the DHR Financial Wellness page offers several financial resources? There are even discounts for State of Delaware employees for things like technology, travel, entertainment and more. Visit the [DHR Financial Wellness](#) page for more information about these discounts. In addition, State of Delaware employees can receive a 10% tuition savings on eligible online Master's degree programs from the University of Delaware! Visit the [University of Delaware](#) website for more information.



Upcoming Webinars and Classes

Aetna offers monthly [webinars](#) that employees, pensioners and their family members can attend, regardless of enrollment in a State health plan. There is no need to register, simply click a link below to attend.

- Holiday Survival Guide -
[December 14, 2021 @ 12:00pm](#)
- Holiday Budgeting -
[December 15, 2021 @ 5:00pm](#)

ComPsych® GuidanceResources® is offering quarterly webinars for new and existing employees/supervisors who want to learn more about the Employee Assistance Program (EAP). These webinars will be held in January. Click on the links below to **register**:

- Supervisor Orientation -
[January 11, 2022 @ 10:00am](#)
- Employee Orientation -
[January 12, 2022 @ 10:00am](#)

These webinars will be recorded and posted to the website if you are unable to attend.

Maternity Support

Starting or adding to a family can be both a wonderful and anxious time. It may leave you with lots of questions and/or information overload. The best place to start is with a visit to your provider.



Together you can discuss your mental and physical health including diet, current medications, and what type of exercise may be appropriate for you and your baby. Since it takes 40 weeks for your baby to fully develop, you have time to take birthing classes, interview pediatricians and find childcare facilities. For more information on starting a family visit the [Maternity Support Resources](#) page.

Healthy Recipe - 2-Step Chicken

The ultimate in simplicity, this recipe calls for chicken and cream of chicken soup. Pair it with a salad or roasted mixed vegetables for a colorful dinner. Even better, 2-step around the kitchen while it is heating up, getting some physical activity while you cook!

Ingredients

- 1 tablespoon vegetable oil
- 2 boneless chicken breasts
- 1 can cream of chicken soup (10 ounces)
- 1/2 cup water



Directions

1. Heat oil in a skillet at a medium-high setting.
2. Add chicken and cook for ten minutes.
3. Remove chicken from pan and set aside.
4. Stir the soup and water together in the skillet and heat it to a boil.
5. Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165°F.

Recipe from [USDA MyPlate](#).

Hidden Treasures: Review the information on the Spouse and Dependent page of SBO's website and email the two important questions to consider before enrolling a spouse to sbo.communications@delaware.gov (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Lacie S. from the Governor's Advisory Council for Exceptional Citizens (GACEC).